

Some valuable tips
from the Program
Manager for Public
Safety to help you
and your family have
a safe and stress-

Holiday Risk Management

❖ Identify Hazards

- ❖ Assess Risks
- ❖ Make Risk Decisions
- ❖ Implement Controls
- ❖ Monitor/Supervise/Evaluate



Safety Hazards



- ❖ Don't overload electrical circuits
- ❖ If you have a fireplace, woodstove or use gas logs/furnace, make sure you have an operable UL approved carbon monoxide detector
- ❖ Turn off electric candles and decorative lights before going to sleep



Safety Hazards



- ❖ Inspect all electrical equipment before use
- ❖ Use the proper size and type light bulbs in decorative lighting
- ❖ Spread sand or salt on icy walkways



Fire Hazards



- ❖ Place candles in holders that will not tip
- ❖ Keep candles, Yule logs, Menorahs, and Kinaras away from drapes, trees or potentially flammable objects
- ❖ Extinguish candles before leaving home or going to bed





Fire Hazards

- ❖ Have a professional check your fireplace and chimney every year. Soot buildup leads to house fires
 - ❖ Use kindling and wooden matches to light fires – not flammable liquids
 - ❖ Always use a fire screen
 - ❖ Be sure the chimney flue is open before lighting a fire and closed only when you are sure the fire is completely out
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Holiday Traveling



- ❖ Give yourself plenty of time to get where you are going
- ❖ Make sure your vehicle is in good repair
- ❖ If you drink... don't drive
- ❖ Always use safety belts and child safety seats
- ❖ Maintain a safe distance between vehicles
- ❖ Get a good night's sleep before traveling
- ❖ Avoid eating heavy meals, as this can lead to sleepiness





Holiday Traveling



In case you encounter inclement weather, carry an emergency kit that contains:

- ❖ First-aid supplies
 - ❖ Blankets
 - ❖ Flashlight with spare batteries
 - ❖ Flares
 - ❖ A shovel
 - ❖ Quick-energy foods, nutrition bars, or dried fruits and nuts
 - ❖ Sand, salt or cat litter for traction
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Food Preparation and Consumption

- ❖ Keep all cookware, utensils, preparation areas, and your hands clean
- ❖ Refrigerate foods that require cold storage
- ❖ If food needs to be chilled during serving, place the dish on a bed of ice
- ❖ Keep foods that need to stay warm on a hot plate or in an oven at a temperature no lower than 110° F.
- ❖ Use a thermometer when cooking meats to be sure inner sections reach the right temperature





Food Preparation and Consumption

At holiday time it is easy to over-indulge! Here are some tips to help you keep those extra holiday pounds off.

- ❖ Limit your calorie, fat and sugar intake over the course of the holiday season
- ❖ Limit your alcohol and caffeine consumption
- ❖ Bring food dishes and beverages to parties that give you and your children healthy alternatives
- ❖ Keep up some form of exercise during the holidays
- ❖ Limit the number of activities you attend
- ❖ Conserve on your energy resources



A photograph of a festive holiday scene. In the foreground, a hand is writing on a white card with a black pen. On the table, there is a white plate filled with various types of cookies, a dark glass containing a purple liquid, and a lit white pillar candle. The background is filled with green foliage and colorful lights, creating a warm and cozy atmosphere.

Have a safe
and happy
Holiday
Season!